

Veggie Fried Rice: This is a dish I think about when I want comfort food. You will LOVE this recipe!!

1. In a saucepan bring 4 cups of water to boil (2 cups of water if you have a 2 person meal kit). Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Remove rice from heat and set it aside.
2. Heat a large skillet or wok for 2 minutes. When the skillet or wok is hot, pour in 4 tablespoons of oil that can withstand high heat (grapeseed oil, avocado oil, or vegetable oil). Add diced green onions, sugar peas, and broccoli. Make sure and chop the sugar peas into pieces. I like to chop the sugar peas into about 3 pieces each. Chop the broccoli into small pieces too. Mix well and cook for 3 minutes.

*Always make sure and wash veggies before you cook them.

3. Add the 2 eggs. I like to move the veggies to one side of the skillet and add the 2 eggs to the other side. I scramble them and cook them, then mix them in with the veggies that are on the opposite side of the skillet.
4. Mix in the rice. Stir everything together.
5. Add container A. It is soy sauce and sesame oil. Cook for another 4 minutes, stirring continuously until everything is mixed together. Add salt and pepper to taste. You may not need more salt, but you will need more pepper for sure.

Container A ingredients: Soy Sauce (GF containers are gluten free soy sauce) and sesame seed oil.

6. The veggie fried rice is ready to serve! Wash the parsley and finely chop it. Top the veggie fried rice with the chopped parsley. Enjoy!!!!